

The Wright Institute Presents:



From Helplessness & Unbearable Aloneness to Connection & Empowerment: Using AEDP to Heal the Traumatized Self

Course Level: All Levels Welcome

Saturday, April 14, 2018
9:00AM-4:00PM

Fees: Free for Wright Institute Faculty/Staff/
Collaborative and Other Supervisors Supervising WI Students/Training Directors/Students (space permitting)
WI Alums: \$90
Non WI Students: \$60
General: \$150

Instructor: Jennifer Edlin, MFT

Location: ***Note location change***
First Presbyterian Church of Berkeley,
Geneva Hall, 2nd Floor, Room G202
2407 Dana Street, Berkeley, CA 94704

To Register: www.wi.edu/continuing-education

Contact: Wright Institute Continuing Education
Email: Julie@wi.edu Phone: 510.841.9230

Credits: 6 CE hours. The Wright Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Wright Institute maintains responsibility for this program and its content.

Workshop Description:

Trauma often leaves people feeling unbearably disconnected from self and other. This disconnection leads to helplessness, hopelessness, toxic shame and despair. **Accelerated Experiential Dynamic Psychotherapy (AEDP)** fosters the healing of relational trauma through the use of the therapist's self and the accompaniment of the client, processing together what was too much for the client to face alone. Moment-by-moment, the therapist and client allow the client's body-based core affective experience to be felt, known and to unfold to completion, a change mechanism that allows for deep healing.

However, recovery from trauma and moving from surviving to thriving, requires not only helping to ameliorate symptoms and relieve distress, but also, under a separate change mechanism, making more room for positive experience. In this workshop, we will look together at how therapists track and notice moments of relief, joy, being moved by another and other transformational affects, and, through focusing together on these affects, create even more positive change.

Please contact us in advance if you require special accommodations on the day of the event.

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This workshop begins with an introduction to AEDP theory, focuses on both theory and clinical technique, and makes extensive use of videotaped clinical work to demonstrate the application of AEDP interventions and theory in a clinical setting. We follow one client over several years of treatment and explore creating a sense of safety, accessing and processing core affective experiences to completion, and finally metaprocessing the new experiences of self and other to allow a profound shift from older internal working models that informed the traumatized self, to new ways of relating to self and other.

Instructor Bio:



Jennifer Edlin, MFT is a faculty member of the AEDP Institute and a psychotherapist in private practice in Oakland, California. Jenn serves as the co-chair and faculty liaison of the AEDP Research committee. She has also helped to spearhead the launch of the Berkeley Initiative for Mindfulness in Law at UC Berkeley Law. Jenn has taught nationally on AEDP and runs both local and remote supervision groups for therapists training in AEDP. Her clinical interests include treating relational trauma, mindfulness in the therapeutic dyad and building self-compassion.

Jenn received her undergraduate degree from Princeton University, a JD/MBA degree from New York University and an MA in Counseling Psychology from the California Institute of Integral Studies. She has trained extensively in AEDP, including supervision with Dr. SueAnne Piliero, Dr. Eileen Russell and Dr. Diana Fosha.

From the moment Jenn attended her first AEDP Immersion Course, she was taken by AEDP and the permission to be authentic and to use the therapist's whole self in service of clients' healing and transformation. Jenn endeavors to bring a natural warmth, ease and authenticity to her work with clients as well as to her supervision, teaching and other work in the AEDP community.

After attending this workshop participants will be able to:

1. List at least three important aspects of AEDP
2. Describe AEDP's multi-stepped approach to working in the landscape trauma
3. Apply the AEDP theoretical approach to working with trauma to specific clinical situations through video examples
4. Identify and observe at least two different kinds of portrayals (to process experience to completion)
5. Explain at least three interventions the AEDP therapist can use to assist in creating a safe base with clients

Cancellation Policy: If you have paid for a workshop and are unable to attend, please email us at julie@wi.edu with your mailing address and we will mail you a refund check for the full amount paid. Checks will be mailed within 30 days of notification.

Please contact us in advance if you require special accommodations on the day of the event.